

# Why visit the dentist twice a year?

Did you know the bacteria in your mouth starts to develop as soon as you leave the hygienists chair? Normal levels of these bacteria are maintained by home care of brushing and flossing two to three times a day. However, in recent studies there have been many links between the bacteria in your mouth and systemic disease as well as heart disease.

The bacteria levels should be monitored at least twice a year to insure there are no developing problems. With the rise in the diabetes rate in the United State, there has been an increased relationship between bone disease and diabetes. The insulin and sugar levels in the mouth can and will destroy gingival tissue as well as the bone surrounding the teeth. Many people want to know why they have to come get a cleaning every six months and those are just a few reasons.

On top of maintaining the bacteria levels there is also the detection and prevention of cavities. You may not feel a cavity or even think you have one. However with the help of modern day x-rays on your six month appointment your cavities will be detected at the earliest onset and prevent a possible root canal or large filling.

Maintaining you regular dental visits will also help the dentist and hygienist monitor the bone levels around your mouth. If your hygienist notices bone loss at an early stage it is much easier to prevent extensive surgery. There are several methods of preventing further bone loss when it is caught at an earlier stage. With your regular scheduled dental exam you may have noticed your hygienist and dentist checking around your mouth and tongue. This is an oral cancer screening.

Lastly is the fluoride. Fluoride is an important aspect of oral health. A once a year application of fluoride will prevent the beginnings of a cavity from forming into one. It will also make your teeth stronger and help prevent any future decay. The fluoride creates a surface on the teeth that is stronger then the actual surface of natural teeth.

You may think your six-month cleaning is just a cleaning, when in actuality it is much more. I urge you to take care of your mouth and your overall oral health. If it has been awhile since your last cleaning just remember it's never to late to start back up again.

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